

ABSTRACT

Embodiments of this invention include methods for alleviating hypertension associated with fetal malnutrition *in utero*, resulting in a post-natal condition known as fetal programming. Factors that lead to fetal programming can be used to predict 5 development of conditions associated with fetal programming. Fetal programming is associated with numerous metabolic consequences, and is also associated with postnatal hypertension. Insulin-like growth factor-1 (IGF-1), analogs of IGF-1 or a compound that can increase the effective concentration of IGF-1 can decrease expression of antiotensin II type 1 receptors in the kidney, and can result in decreased 10 hypertension associated with fetal programming. Use of IGF-1 as either a primary or an adjunct therapy can therefore be used to decrease adverse consequences of hypertension in animals subject to fetal programming.